



Notes and Inspiration

Link: <https://www.mindmeister.com/1173200129>

1. Self Compassion

1.1. Appreciate the effort you've put into organising your thoughts

2. Gratitude

2.1. Australia - Glad I got through it

2.2. Blessed

3. Knowing

3.1. Tho fleeting, that indescribable feeling of knowing your purpose in life

4. Note to my future selves

4.1. 5 years from now

On this day, November 16th 2018, I am making a commitment to my Family and myself, that 5 years hence I have been the best Dad and Husband I can be. I achieved this by keeping focus on my Health and Work goals.

My Children and Edel are my life and over the past 5 years we will have achieved so much together with no little fun along the way. I will not have let anything get in the way of that be it drinking or not eating healthily.

I will have written and Illustrated a Children's book and will be proficient in Python having completed at least one personal project.

And...somehow....I will be a single figure golfer.

4.1.1. Days Since: 0

4.1.2. Days To: 1825 (16th Nov '18)

5. Choice is power

5.1. cut-down on alcohol - don't have to but can - may be some day where i've no choice for health reasons but now i have the power to

decide

5.1.1. Break records

5.2. Eat that bar of chocolate? Will it make me happier?

5.2.1. Break records

6. Trust

6.1. Focus on Health and Work (make them your passions) so that you can provide for your Family (your purpose). Everything else will fall into place (trust)

7. Faith

7.1. I believe that Nan, Gaga and Mary Biddy are always there guiding me and my family